



## **How Somatic Therapy help to Reduce Stress and Chronic Pain?**

Somatic therapy is a unique form of therapy that focuses on a mind-body connection to help bring about change. It also allows you to slowly release trauma from your body and tap into your innate capacity to heal and become resilient. This treatment helps heal you from a past event that affected you mentally and physically by focusing on the body and mind. Usually, it believes the connection between mind, body, and spirit are all affected, even when only one is disrupted.

Hence, an event that causes emotional distress can affect the central nervous system and affect posture, pain, and so on. If you have mental, physical, or a combination of both effects that hinder your life. So it's good to take [Somatic Therapy in Asheville, NC](#). It has the following advantages:

- ❑ *Reduce Physical Sensation Tied to Stress:* Experiencing trauma and chronic stress can trigger emotional and physical reactions that can stick with someone for years. Increased levels of stress hormones can increase the number of health conditions. But somatic therapy helps you to deal with physical symptoms and conditions related to anxiety, depression, and stress.
- ❑ *Reduce Chronic Pain:* When you hurt all the time, that discomfort triggers fear and anxiety. But somatic treatment develops a sense of body position and always helps you calm the activated nervous system as well as recognize the ways you are contributing to your ache.

Through the help of **Somatic Therapy**, you will easily reduce stress, anxiety, chronic pain, and other issues. In order to get the best services, it is necessary to find a trusted and reliable therapist. They can help draw attention to how changes in your stance, facial expression, breath, muscle tension, and more. This opens the door to movement and feelings that can finally complete fear-based actions in your body.

### **Contact Details:**

**The Joyful Breath**  
**Burnsville area, 55306, USA**  
**207-899-7073**  
**[thejoyfulbreath@gmail.com](mailto:thejoyfulbreath@gmail.com)**